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**TACKLING BULLYING
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EDITOR MEETING
TORMENTOR {page 8}**



**PLEADING
TO LEAD
NDP DEBATE
IN HALIFAX**

{page 3}



HALIFAX

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Monday,
January 30, 2012
www.metronews.ca



News worth
sharing.



► Members of the Chinese Society of Nova Scotia dance at the Seaport Farmers' Market Sunday afternoon.

RYAN TAPLIN/METRO

Halifax all fired up for a new year

The dragon dance was part of Chinese New Year celebrations at the market, as the community welcomed the year of the dragon last week. In ancient times, the dragon was a symbol reserved for the Chinese emperor, and it is considered to be an extremely auspicious sign.

Transit workers rally as strike talk motors on

► Several other unions pledge support at Sunday's event ► Deadline this Thursday

While negotiators hashed it out behind closed doors hour after hour on Sunday, transit workers and supporters held two public rallies ahead of a possible strike on Thursday.

The first was in Dartmouth near the Wyse Road hotel where negotiations were underway. The second was in front of city hall, where several unions, labour groups and NDP leadership hopefuls in town for a debate called for negotiation, not dictatorship, from the municipality.

They also called for Mayor Peter Kelly to step down.

At one point, nearly everyone in the crowd of about 200 texted Kelly on his cellphone all at once.

Transit workers have rejected the municipality's last contract, and a strike deadline is Thursday at 12:01 a.m. All the signs of an imminent strike are there: Notices for workers to clean out their lockers by Wednesday and rallies planned for Thursday.

But Shane O'Leary, vice-president of the Amalgamated Transit Union

Union action

► The Amalgamated Transit Union has two rallies planned pending a strike on Thursday — at 7:30 a.m. at the Dartmouth Bridge Terminal and at 5 p.m. at Grand Parade.

Local 508, said the fact negotiations were still going after eight hours on Sunday was a good sign.

"They must still be moving forward," he said.

Many transit workers said Sunday they don't want a strike, but won't back down either.

"If council and the mayor really care for their job security, which is what they're challenging for us, they wouldn't allow this transit to shut down this city," said bus driver James Cameron.

"This transit is choosing to go out on strike for legal rights, not because we want to punish the people. We lose far more than they do."

► JENNIFER TAPLIN

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- ▶ Cullen, Mulcair receive most attention from rivals during leadership debate in Halifax
- ▶ Candidates offer their ideas to large crowd on affordability and families
- ▶ Hopefuls praise provincial NDP, former federal leader Alexa McDonough



RYAN TAPLIN/METRO

▶ All eight candidates for the federal NDP leadership take the stage prior to a debate at Citadel High School's Spatz Theatre on Sunday afternoon.

Dexter stays neutral

Premier Darrell Dexter has yet to make up his mind on endorsing another candidate for the federal NDP leadership.

After the all-candidates debate at Citadel High School on Sunday, Dexter told reporters that there are advantages to staying neutral in the race.

"I'm still thinking about it," he said.

"I think it's tough because there are a lot of very good candidates there, many of who I think would follow well in Jack (Layton's) footsteps."

Dexter, along with most of the provincial NDP cabinet, endorsed Dartmouth-Cole Harbour MP Robert Chisholm after he entered the race.

Chisholm was the first to drop out of the race in December, citing his lack of proficiency in French — something he was repeatedly asked about during his campaign.

As for the debate itself, Dexter said he was encouraged the candidates discussed federal and provincial relations.

● ALEX BOUTILIER



ALEX BOUTILIER
@METRONEWS.CA

About 1,000 people filled Citadel High School's Spatz Theatre on Sunday afternoon to hear the eight federal NDP leadership hopefuls agree on most things.

But there were some disagreements.

The candidates for the party's leadership — Thomas Mulcair, Romeo Saganash, Martin Singh, Nathan Cullen, Niki Ashton, Peggy Nash, Brian Topp, and Paul Dewar — were in Halifax to discuss their ideas on how to make life more affordable for Canadians.

The tone was a touch more combative than the previous leadership debate held in Toronto in December. Several candidates, in-

cluding Mulcair and Nash, took aim at Cullen's suggestion to hold joint nomination meetings with Liberals and Greens in Conservative-held ridings.

"I want you to tell us concretely how you would expect NDPers in a Toronto-area riding where a Liberal held sway for years that's just gone Conservative ... are you really expecting the NDPers, who got 28 per cent in the last election, to rally behind a Liberal," Mulcair asked.

Replied Cullen: "In Conservative held seats ... I

would allow the local New Democrats to make a decision as to whether it's to our advantage and to the country's to hold joint nomination meetings between us and other parties."

Mulcair received a pointed question of his own from Dewar, who asked him to clarify his position on the bulk export of fresh water.

"C'mon Paul, I've always fought for the protection of our fresh water resources. The means of achieving that result can

Next leader

▶ The NDP will pick its next leader to replace the late Jack Layton at its national convention on March 23 and 24 in Toronto.

vary," Mulcair said.

"You can debate things like whether it should be a restriction on the size of the container without being in favour of bulk exports."

The next leadership debate will take place on Feb. 12 in Quebec City.



RYAN TAPLIN/METRO

"As your prime minister, I'll use my experience as a pharmacist to create a national pharmacare program, and I'll use my experience as a business man to help businesses create jobs."

NDP LEADERSHIP CANDIDATE MARTIN SINGH,
WHO IS FROM MUSQUODOBOIT HARBOUR

1

news



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Oakland officials are assessing the damage after the latest Occupy protests over the weekend. Watch at metronews.ca/video



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HRM could be home to helpline service

► Other provinces, including Ontario, British Columbia, Quebec and Alberta, have 211 services



JENNIFER TAPLIN
@METRONEWS.CA

HRM may offer space in its Dartmouth call centre to the province's new three-digit helpline, 211.

The new provincial service is toll free, 24 hours a day for everyday of the year, and is also available online. It's for people to access an array of non-emergency social and health services from all levels of government as well as community groups and charities.

The province announced it in April, committing \$585,000 in the 2011-12 budget to start it up, increasing to \$945,000 for operational funding over the next five years. Private corporations have also chipped in for the service.

It was supposed to be up and running in 2012, but 211 still needs a place to live. Municipal staff is rec-



► Gloria McCluskey

ommending to Halifax regional council on Tuesday to open their call centre in the Eric Spicer Building on Mount Hope Avenue in Dartmouth.

The United Way, which has been petitioning for a 211 line for years, will be running the service.

Dartmouth Centre Coun. Gloria McCluskey said on Sunday opening the centre there makes sense since HRM already shares space

United Way

► According to the United Way, hundreds of organizations across the province have shown support for 211, including libraries, Capital Health, universities, policing authorities and non-profit groups.

in that building with the federal and provincial governments for emergency services.

The 211 service is looking for 1,500 square feet to house workspaces for two managers and up to eight service advisers and technicians.

Municipal staff said the HRM-owned building has plenty of room to spare. It also wouldn't cost them anything, since revenues of \$7.50 per square foot from 211 Nova Scotia would offset any expenses.



The. Queen

► Reigning Queen of Burlesque Roxi D'Lite titillates the crowd at the Everything to do with Sex Show at the Cunard Centre on Sunday afternoon. The three-day show wrapped up on Sunday.

RYAN TAPLIN/METRO

Trying to please the crowd

Firefighters battle house fire

More than 30 firefighters battled a blaze at a large residence in Halifax's south-end early Sunday.

Fire service spokesman Dave Meldrum says units were called to the three-storey home at 1454 Birchdale Ave., at 6:30 a.m.

He says the home's two-storey attached garage, which houses a residential unit on the top floor, was fully engulfed in flames.

Cause unknown

► No one was inside the home at the time, and investigators are trying to determine the cause of the fire.

Meldrum says it took nearly four hours to extinguish the fire, which made its way into numerous attic spaces and wall cavities.

The garage is still standing but is severely damaged, while the main portion of the home suffered smoke and water damage.

THE CANADIAN PRESS

N.S. asks Supreme Court to hear appeal



► Ernest MacIntosh

Nova Scotia's public prosecution service is asking the Supreme Court of Canada to hear an appeal against a former Cape Breton businessman who had sexual assault charges against him overturned.

Martin Herschorn, director of public prosecutions, said he decided to proceed with the leave to appeal after considering the legal findings of a lower court that tossed out all of the charges against Ernest Fenwick MacIntosh.

The Nova Scotia Court of

Appeal dismissed the sexual assault convictions against MacIntosh late last year, arguing that he was not brought to trial in a timely manner.

"The focus is our provincial court of appeal's decision with respect to the ... right to trial within a reasonable time," Herschorn said.

He was found guilty in July 2010 on 13 of 26 charges of indecent assault and gross indecency, almost 15 years after the allegations surfaced.

The appeal court justices also found that the trial judge failed to properly deal with questions of credibility of the complainants and misunderstood some of the evidence used to convict MacIntosh.

Herschorn said that ruling will also factor into his arguments to the Supreme Court, cautioning that he wouldn't provide details until the application is filed with the court some time before Feb. 6.

THE CANADIAN PRESS

Hells Angels member found dead in jail cell

A member of the Hells Angels from Nova Scotia has been found dead in his jail cell.

Jeffrey Albert Lynds, 43, from North River, Colch-

ester Co., was being detained in Quebec to stand trial for a 2010 double murder in Montreal.

It's believed he committed suicide. **TRURO DAILY NEWS**

Man flees after robbery, cops say

Police say a man fled with money after a robbery at the Petro Canada on Her-

ring Cove Road on Saturday night.

At about 9 p.m., police say a man demanded cash from the clerk and made a motion toward something in his jacket.

No weapon was seen and there were no injuries, say authorities.

● METRO

Residents threatened with knife: Police

Halifax police say a few residents were threatened with a knife after they attempted to confront a man lurking around a parking lot.

Officers say a resident of an apartment building on Martello Street was informed that a man was seen snooping around vehicles. **THE CANADIAN PRESS**



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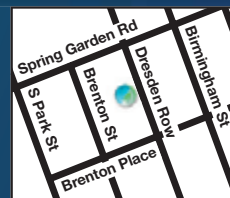


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Offshore deal renews calls for safety agency

Return of exploration drilling off the Scotian Shelf would be in depths of between 1,400 and 3,750 metres

Shell Canada's recent winning bid to conduct deep-water oil exploration off Nova Scotia has renewed calls to establish a separate safety agency independent of the federal-provincial offshore regulator.

The petroleum giant has committed to spending \$970 million over six years in the hope of finding oil in four deepwater parcels about 200 kilometres off the province's southwestern shore.

Richard Grant, an engineer and expert on offshore drilling safety, said that while Shell is reputable when it comes to its deepwater drilling, the volatile North Atlantic presents some of the "harshest offshore envi-

Drill grill

- Last fall, Liberal MLA Andrew Younger tabled a private member's bill calling on the province to negotiate with Ottawa for the creation of a federal safety regulator.
- To date, the government has said only that it is talking with the feds and counterparts in Newfoundland.

ronments in the world."

Grant said there must be a heightened level of scrutiny that the Canada-Nova Scotia Offshore Petroleum Board lacks the resources to exercise.

"What we need to have is one agency that is looking after offshore safety,

that develops the regulations and enforces them," Grant said.

Larry Hughes, a Dalhousie University engineering professor, said he believes safety has to be dealt with by an arms-length agency, given evidence that emerged after the blowout of a BP well in the Gulf of Mexico in 2010.

"We saw what happened ... when the Mineral and Mining Services of the United States unfortunately had an extremely cosy relationship with the oil companies and things got lax," Hughes said.

"I'm not saying that's happening here, but it's the type of thing we want to make sure doesn't happen." **THE CANADIAN PRESS**

Court. Decision

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► Steven Laffin is escorted into Halifax provincial court in this file photo from earlier this month. Laffin has been committed to stand trial in the second-degree murder case of Halifax sex worker Nadine Taylor, 29. Laffin is due back in court on Feb. 23 to begin the process of setting dates for trial.

RYAN TAPLIN/METRO

Man to stand trial in murder case

\$6.2B A term sheet announced in 2010 said Nalcor and Emera would share costs of the \$6.2-billion project.

No deal yet on Muskrat Falls

A deal to build a hydroelectric project in Labrador won't be reached by Tuesday's deadline. However, Ed Martin, CEO of Nalcor,

Newfoundland's Crown energy company, said an agreement with Nova Scotia's private utility Emera is close. **THE CANADIAN PRESS**

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News in brief

Man sought in mall heist

GUNPOINT ROBBERY. Police have a warrant out for a man accused of robbing a business in Bedford's Sun-



► Sykes

nyside Mall last week. Kenneth Curry Sykes, 39, faces several charges including robbery and uttering threats after someone held up the Running Room on Thursday after-

noon. Police say a man went into the store, produced a gun and then fled with cash. A staff member was assaulted, but not injured.

Sykes is considered armed and dangerous. Anyone with information is urged to contact police or Crime Stoppers.

● METRO

Agency to probe skier's death

MAINE. A U.S. agency has launched a probe into the emergency care received by a Nova Scotia man who died in Maine. David Morse, 41, of Kingston died on the way to hospital on Jan. 12 after he lost

control while skiing and smashed into a tree at the Sugarloaf resort. The Maine Emergency Medical Services is conducting the review after Morse's widow, Dana Morse, a nurse practitioner, stated that her husband received inadequate treatment from paramedics.

THE CANADIAN PRESS

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► Politicians are drafting legislation to combat bullying in schools ► But if they really want to tackle the problem, they'll have to delve deeper than kicking kids out
► Bullies can be victims too, as Metro Ottawa's managing editor discovered

SEAN MCKIBBON/METRO

Do kids know why they are bullying?

ALY THOMSON
IN HALIFAX

It's hard to admit that you are bullying someone. In fact, most children recognize their actions, but do not understand why they are doing it, said Dr. John LeBlanc, an associate professor of pediatrics at Dalhousie University in Halifax.

He said there are three components of bullying: An intent to harm, a power imbalance and repetition. So the person who is bullying is well aware of their actions, said LeBlanc.

"But they just don't know why."

He said it's hard "for someone who is bullying, for them to have the insight to say, 'Oh, I'm bullying. I better stop.'"

"Usually they are bullying because they want to bully. Children who bully do it for a reason. They're usually troubled children themselves," he said.

Consequently, it's rare for a child to stop the behaviour without some sort of intervention, he said.

"You can't expect the bully to stop it on their own, nor the victim. The victim is already in a weakened position," he said.

Expert advice

Dr. LeBlanc's strategies to prevent or stop bullying:

- Bullying amongst children should be dealt with in groups: Ask each child how they would feel if they were being bullied.
- In the "no blame approach," the adult asks the victim if the incident can be brought to a group that includes the child who is bullying. The group is then asked how they can help the child and sometimes, the child who is bullying will actually offer to help.



Should reformed bullies reach out to their victims or leave the past behind? Tweet us @metrohalifax.

My bully, my friend



► Sean McKibbon and Matthew Gabriel stand out front of what used to be North Edwardsburgh Public School, where they attended elementary school. The building is now a retirement residence.

SEAN MCKIBBON
@METRONEWS.CA
METRO CANADA IN OTTAWA

The day my childhood bully re-entered my life I felt all the old emotions: Fear, embarrassment, but mostly indignation.

All while looking at a computer.

I was catching up with old friends on Facebook when I got the friend request.

Are you kidding me? I thought.

I was a kid again, my ears burning, my shoulders tense.

Matt Gabriel was not my worst tormentor. We were once even pals. Then he started hanging around with older kids who bullied me as a group.

Tripping, pushing, names, fights, alienation. I felt then like I was walking around with a label on my forehead.

He kept sending friend

"It never felt good. It didn't feel right and it's not who I was inside."

MATT GABRIEL

requests. Each time I rejected him with a click and felt a nasty glee exacting a righteous revenge.

Finally he wrote: "Dear Sean: I keep asking for your friendship on Facebook and keeping getting denied — which is understandable. I am not looking for you to be able to forgive me for picking on you in public school a lot — but maybe just to give you some perspective. My mother was dying a terrible and painful death from cancer and I acted out quite a bit."

And then he apologized. I wrote back. I apologized too. I thought I'd moved on, but I'd been carrying around resentment. I looked at my own behaviour back then. Most of us kids at the bottom of the social order weren't any

kinder to each other than Matt and his cronies. Only thing was, Matt was man enough to reach out to people (not just me) to make amends.

Turns out the older kids that picked on us were getting beat up by even older kids.

"We were scared, but then we would go into school and do the same thing," he recalls.

Matt was physically bigger and began studying martial arts. Rather than be a victim he tried to intimidate others before they could go after him.

He realized in his 20s, while working as a bouncer, he didn't like where things were going. He'd just become a father and he didn't want to hurt people.

"I guess it was a process of maturing," he said. "Hurting people is wrong. And helping people is so easy. There's no negative emotions afterward."

He works in telecommunications now. He became

Tuesday in Metro: More on bullying

In the second instalment of our three-part series:

- We investigate the differences between boys and girls when it comes to bullying tactics.
- And we take a look at what we can learn from those TV bullies we love to loathe.

a union shop steward, he says, because he wanted to help and he found he was good at it.

Did he know as a kid he was doing something wrong?

"I don't know that you have that well-developed a sense of right and wrong when you're young," he says.

It sounds like a cop out, but I know Matt is right. It was easy for me to see when I was being wronged, but when I got into fights I always felt I was right.

"There were mixed messages coming at us, even from our teachers and parents," Matt says.

I have to agree again.

There were mixed messages: corporal punishment, religion, movies — all had a good guy fighting and punishing a bad guy.

Matt says he struggled with his mother's illness from kindergarten until Grade 8 when she died. He didn't get counselling and his father was often away working, trying to make ends meet.

"It's not an excuse, but it helps explain things," Matt says.

Matt and I continue to be friends on Facebook. And we may all get together (him and his brothers) for a beer now that my ears don't burn every time I think of him.



► Mohammad Shafia, centre, Tooba Yahya, seen behind him, and Hamed Shafia, left, arrive at the Frontenac County courthouse in Kingston, Ont., on Sunday.

Guilty verdicts in 'honourless crime'

► Three murdered daughters thumbed their noses at family rules, court heard ► Killings shocked many

Three members of an Afghanistan-born Montreal family were defiant Sunday in the face of life in prison and harsh condemnation for the murders of three daughters and a co-wife apparently motivated by what the judge called their "twisted concept of honour."

A jury took 15 hours to find Mohammad Shafia, 58, his wife, Tooba Yahya, 42, and their son, Hamed, 21, each guilty of four counts of first-degree murder in a so-called mass honour killing

that has captivated Canadians from coast to coast, and touched off post-9/11 criticism of Muslim culture.

The three immediately pronounced the verdicts as unjust, but the judge was unmoved, cutting right to the core of the cultural cloud that hung over this case.

"It is difficult to conceive of a more heinous, more despicable, more honourless crime," Ontario Superior Court Judge Robert Maranger said.

"The apparent reason behind these cold-blooded, shameful murders was that the four completely innocent victims offended your completely twisted concept of honour ... that has absolutely no place in any civilized society."

The trial heard evidence over many weeks about the bizarre divide in the Shafia family, in which the patriarch struck fear in the hearts of some of his children.

THE CANADIAN PRESS

Mexican suspect admits to beating

A Mexican man charged with brutally beating a Canadian tourist at a luxury beach hotel has admitted he tried to hold the woman in an elevator and punched her several times in the face when she cried for help.

Police presented Jose Ramon Acosta Quintero, 28, to local and foreign journalists in the Pacific port city of Mazatlan on Saturday, where Sheila Nabb, originally from

Lower Sackville, was attacked in the early hours of Jan. 20.

Nabb, 37, who was vacationing with her husband, was found lying in a pool of blood in one of the resort's elevators.

Quintero was arrested Friday and charged with attempted murder.

Sinaloa State Prosecutor Marco Antonio Higuera Gomez said Saturday that Quintero was drinking in local bars and had taken cocaine with a Canadian friend when they decided to go to one of the large tourist hotels where bars operate 24 hours.

Flanked by police on Saturday, Quintero spoke

in fluent English as he answered a few questions from foreign reporters.

He said he entered the hotel from the back beach doorway and was taking an elevator up to the roof when the doors opened and Nabb got in. They talked and then he put his hand on the door, he said, to prevent her from leaving so they could keep talking.

"She got afraid when I didn't let her out and she started yelling, 'He won't let me out'," Quintero said. "I got afraid also, because she's a North American and I'm Mexican and I wasn't supposed to be in the hotel." THE CANADIAN PRESS

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Future of Afghan army in doubt

► European debt crisis, U.S. budget gridlock could take toll on western combat forces in Afghanistan

The commander of the Canadian army says he doubts the international community will have the cash or the political stomach after 2014 to sustain the sprawling Afghan security force being trained by NATO allies.

Lt.-Gen. Peter Devlin, the chief of land staff, recently returned from Kabul, where roughly 950 Canadians have settled in for a three-year stint under the newly established training mission.

Some questions on his mind during a round of meetings with NATO commanders involved whether the Afghan government will have the means of pay-



► Lt.-Gen. Peter Devlin

ing for an army and a police force that is expected to top out at 352,000 members. Devlin also wondered if the perceived threat from Taliban insurgents required building a force of that size.

Current estimates from the country's defence minister, Abdul Rahim Wardak, see the Afghans spending more than \$6.2 billion a year to pay for and equip their forces.

That's in a country where the budget of the entire federal treasury is \$4 billion — much of that foreign aid.

Such a scenario might be uncomfortable, but Devlin said it could force the Karzai government to take more ownership of security forces and their budget than in the past.

It could also "energize conversations" with the Taliban, he added.

THE CANADIAN PRESS

Deadly. Crash



► Officials work at the scene of a multi-vehicle wreck on Interstate 75, south of Gainesville, Fla., on Sunday.

MATT STAMEY/THE ASSOCIATED PRESS/THE GAINESVILLE SUN

At least 10 dead on Florida highway

At press time, at least 10 people had died and another 18 were injured after a series of crashes apparently caused by heavy smoke and fog on Interstate 75.

Allegations halt RCMP training

The federal RCMP has suspended a program that sends Mounties to train in drug recognition with an Arizona-based police department after learning of

allegations against the force including racism and abuse of authority.

The RCMP halted the training with the Maricopa County Sheriff's Office af-

ter the B.C. Civil Liberties Association alerted him to a scathing report on the force by the U.S. Department of Justice.

THE CANADIAN PRESS

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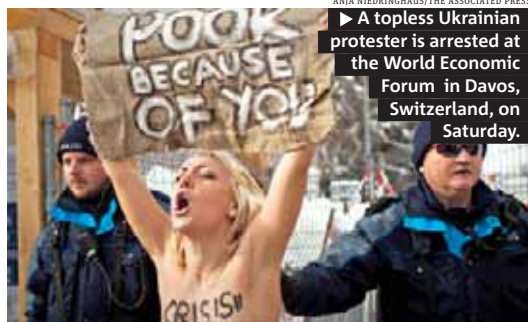
Inequality gap left unanswered at WEF

- Global impact of eurozone crisis still feared
- IMF predicts global growth to be less than expected

Europe's crippling debt crisis dominated the world's foremost gathering of business and political leaders, but for the first time the growing inequality between the planet's haves and have-nots became an issue, thanks largely to the Arab Spring uprisings, the Occupy movement and other global protests.

The mood at the end of the five-day meeting in Davos, Switzerland, was sombre, and more than 2,500 VIPs headed home Sunday concerned about what lies ahead in 2012.

Despite some guarded optimism about the eurozone crisis, fears remain that turmoil could return and spill over to the rest of the world. And there were



▶ A topless Ukrainian protester is arrested at the World Economic Forum in Davos, Switzerland, on Saturday.

no answers to the widening inequality gap, but a mounting realization that economic growth must include the poor, that job creation is critical, and that affordable food, housing, health care and education are needed in any solution.

The International Mone-

tary Fund reduced its forecast for global growth in 2012 to 3.3 per cent from the four per cent pace it projected in September. Asia is expected to remain the engine for global growth though at a slower rate, with China leading the way. **THE ASSOCIATED PRESS**

More Canadians tapping into tablets: Report

Tablet ownership nearly tripled in Canada last year and will continue to surge in 2012, according to a report by the Media Technology Monitor (MTM).

Among anglophones, tablet ownership was at about 11 per cent last fall, up from four per cent in 2010, according to the report, based on surveys of 4,000 anglophones and 4,000 francophones.

Francophone tablet ownership was at six per cent last fall, compared to two per cent in 2010. The report suggests about 72 per cent of all tablets owned by anglophones last year were

17% MTM expects the pace of tablet purchasing will slow somewhat this year, with ownership going to about 17 per cent in the months ahead, from 10 per cent among all Canadians in 2011.

iPads, but doesn't break down the other 28 per cent. Last week, Apple reported it sold 15.4-million iPads in the fourth quarter.

When it comes to watching TV on tablets, the number of viewers was still small.

THE CANADIAN PRESS

Market moment

TSX	Dollar	Oil	Natural gas
+ 2.18 (12,466.50)	+ 0.1¢ (99.93¢ US)	- \$0.14 US (\$99.56 US)	\$2.68 US (+ 7¢ US)
			Gold
			\$1,732.20 US (+ \$5.50 US)

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Top 5: January 27th

- 5 Katy Perry
The one That Got Away
- 4 Marianne Trench
Fallout
- 3 Rihanna
You Da One
- 2 Adele
Set Fire to the rain
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REALISTICALLY ASSESSING CANDIDATES

URBAN COMPASS

STEPHEN KIMBER
METRO HALIFAX



Perhaps Halifax should adopt a kinder, gentler version of the American cage match, survival-of-the-sleaziest primary system to winnow our choices for mayor.

Or maybe we need to consider some variation of the NDP's upcoming advance preferential leadership balloting system to determine who we most — and least — want as next super mayor of our supercity.

Consider. Four candidates have already declared, and at least four others are teetering on the edge. The election doesn't take place until October.

David Boyd, a cab driver and perennial political also-ran, was first out of the block, vowing to make Halifax "the Vegas of the east" with strip clubs and casinos. In 2008, he received 1,791 votes for mayor.

Tom Martin, a celebrated former cop, and manager of Sheila Fougere's 2008 mayoralty campaign, blames "the lack of accountability, the lack of transparency, the lack of consultation with councillors and the lack of public consultation" at city hall on a mayor "without the ability to lead." He believes he can change that.

Fred Connors, a hairstylist, entrepreneur, and urban chicken farmer, threw his hat in the ring earlier this month, saying

he wanted to get "some real change happening in Halifax."

Matthew Wornona, a Toronto native, and Dalhousie University student, is running because he disagrees with Mayor Peter Kelly's handling of the eviction of Occupy Nova Scotia protestors.

Meanwhile, restaurateur Lil MacPherson said in December she was "considering it for real," but hasn't formally announced. Neither has environmentalist, current MLA and former city councillor Howard Epstein, who would be a formidable candidate.

The race's certain-to-be front-runners — former MP Mike Savage and current mayor Kelly — haven't officially declared, but both have campaign teams and money in place.

So many candidates — all but Kelly running against Kelly.

Under our current first-past-the-post system, the unintended consequence of so many wannabes may be four more leaderless, wished-we-hadn't years.

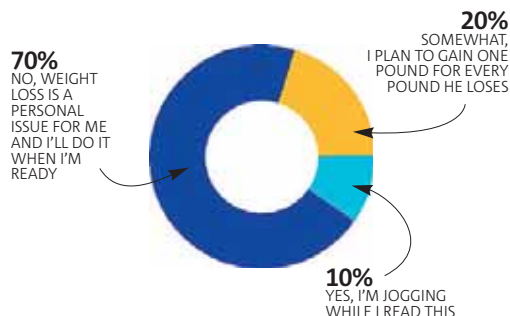
While we can't change the system before October's election, we can ask our preferred alternatives-to-he-who-should-not-be-re-elected to give it their best shot between now and official nomination day on Sept. 11, 2012, and then realistically reassess their chances for success.

Not to forget the chance that they may be responsible for four more years of ...



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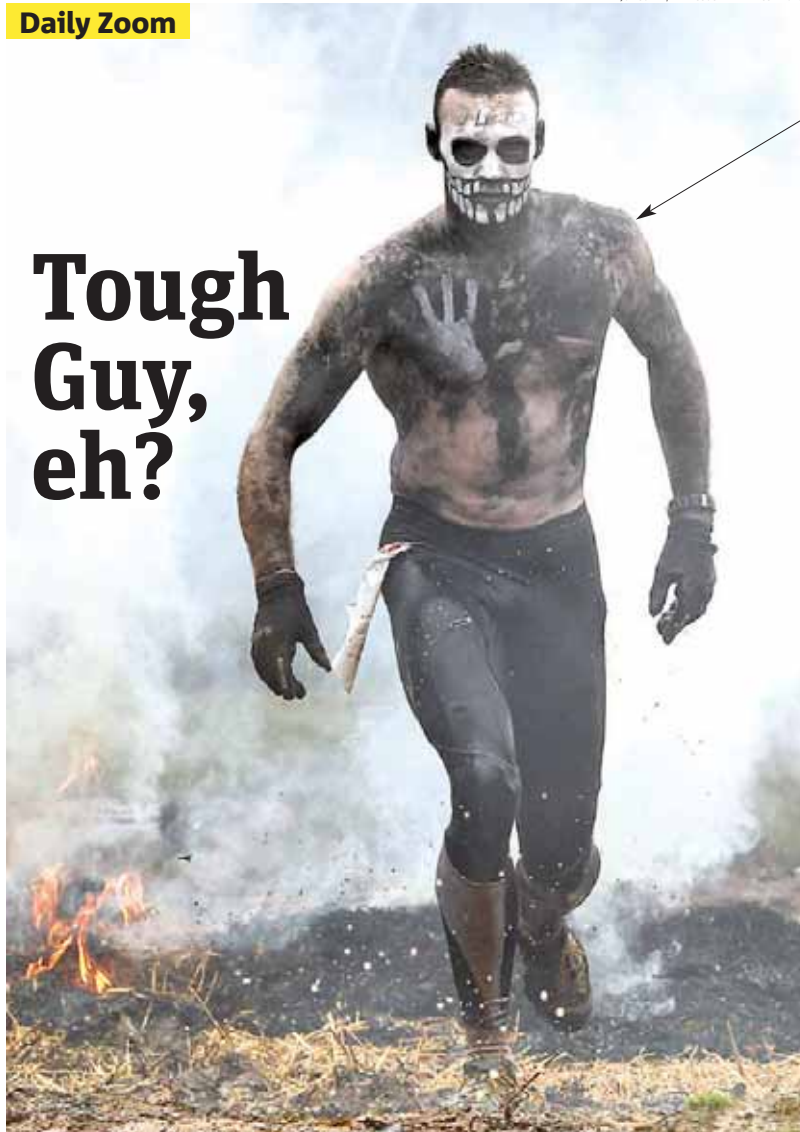
Local tweets



- **@cpridham:** Again to squash Mooseheads vs AUS scheduling debate — no Moose games this weekend and an avg of 486 in the two games. #poormarketing #AUS
- **@KathMcPherson:** Started the day off by falling INTO a toilet bowl. #goodtimes #Halifax
- **@Jessicaemily902:** Well, that was a strange freezing rain ambush... Don't know if I should still walk to sobeys. #maritimeweather #Halifax #unpredictable
- **@defmatt:** A beautiful spring day in #halifax ... In January... Nature, you confuse me.
- **@haleyschmu:** Looks like #metrotransit has started to picket around the dartmouth terminal. Anyone even know what exactly they're asking for?! #halifax
- **@joe_cressy:** Halifax #ndplr debate in 2 1/2 hours. Where is @PaulDewar right now? He's on the treadmill doing his usual pre-debate run.
- **@RicLaf:** Idiot neighbour across the hall playing organ at 9am on a sunday morning. #HalifaxApartmentLife #Halifax

Daily Zoom

Tough Guy, eh?



Survival of the fittest

A competitor is seen after walking through fire at the annual Tough Guy event in Perton, England, on Sunday.

Tough Guy claims to be the world's most demanding one-day survival ordeal. First staged in 1986, it has been widely described as "the toughest race in the world," with up to one-third of the starters failing to finish in a typical year.

THE ASSOCIATED PRESS

Macho, macho man

- The annual event challenges thousands of international competitors in a cross-country run, which is followed by an obstacle course consisting of water, fire and tunnels.
- An unidentified competitor, pictured below, crawls under barbed wire.



Harry Potter grows up

► With the beloved wizard franchise behind him, Daniel Radcliffe looks forward to growing as an actor ► He drops the wand and takes on the role of a lawyer in *The Woman in Black*



**RICHARD
CROUSE**

SCENE@METRONEWS.CA

"Normally," says Daniel Radcliffe, "I hate watching my movies and hate watching myself."

Why, then, did he sit through his new film, *The Woman in Black*, during its Canadian premier last week in Toronto?

"The last time I will watch it was last night," the former Harry Potter told me the next day.

"I've picked this apart enough now. I don't need to watch it any more."

"The line between self-critical and self-hating is blurred."

"Normally when I watch my stuff, I say, 'I don't like that but I don't know what to do about it,' but last night I was watching and thinking, 'Oh, this is how that could be improved.'"

Despite being one of the most beloved actors on the planet and the star of some of the highest grossing films of all time, Radcliffe isn't content to rest on his laurels.

"I know I have a long way to go as an actor," he says.

"I'm 22 and at the stage when most actors would be coming out of drama school but because I've got 10 years of experience on a film set I think people expect me to be more complete, perhaps, than I am."

"I think that there are some things I do really



► Daniel Radcliffe stars in *The Woman in Black*, coming to theatres Friday.

well and some things I see and go, 'OK, I know how to fix that now.'"

One thing he can't change is the way his fans respond to him.

"It's kind of part of my life," he says of the fandom that follows wherever he goes.

"The thing you have to remind yourself is that it is not about me."

"It's about the fact that

I played this character, which became beloved and anyone who took on that character would be getting this reaction."

"The fact that I'm now getting it on my own away from the series is very gratifying, although it is still kind of residual from Potter, unless they are fans of that and of me."

"You just have to laugh

at it and have a sense of humour about it."

"As I said to you, when I'm at home, smoking a cigarette and it's cold and I'm in my Canada Goose jacket eating half a pizza, those are the moments you have to take a picture of yourself and play it to yourself when you are on the red carpet and go, 'Yeah, yeah, yeah, you're not all that, really.'"

Daniel Radcliffe

► **Born:** July 23, 1989 in London, England

► **Early roles:** When he was just 10, he took the role of a young David Copperfield in the television series *David Copperfield*. He also starred in *The Tailor of Panama* in 2001.

2
scene



The Grey topped the weekend box office with \$20 million, continuing Liam Neeson's success as an action star. Also opening were *Man on a Ledge* and *One for the Money* with Katherine Heigl. *One for the Money* took home \$11.8 million, while *Man on a Ledge* opened with \$8.3 million. *Underworld: Awakening*, came in second with \$12.5 million.

THE ASSOCIATED PRESS



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Forget the romance rumours, let's just focus on the film

► **Bradley Cooper, Zoe Saldana celebrate the premiere of their Sundance-closing film, *The Words***

DANNY MOLOSHOK/THE ASSOCIATED PRESS



► Actor Bradley Cooper, from the film *The Words*, poses for a portrait during the Sundance Film Festival in Park City, Utah, last week.

Bradley Cooper and Zoe Saldana came to the Sundance Film Festival to promote their closing-night film, *The Words*.

The two actors play a married couple in the movie, which follows an aspiring writer who gains fame when he finds an old manuscript and passes it off as his own.

The pair avoided any appearance of their reported off-screen romance by staying apart from one another while posing for photos and giving interviews to support the film. Saldana did affectionately touch Cooper as they passed in a hallway, though.

Both had been to Sundance before, where snow fell throughout the festival and the weather dipped into the teens. Still, Saldana maintained her fashionista edge.

"I did bring warm stuff but I also brought fashion-y stuff. Come on. You've got to pay the price, even if it's too cold," she said.

The 33-year-old actress wore green suede shoes with spiked stiletto heels despite the slushy conditions.

Word up

► *The Words*, which also stars Dennis Quaid, Jeremy Irons, Ben Barnes and Olivia Wilde, premiered Friday. It was acquired early in the festival by CBS Films, which plans to release it theatrically in the fall.

"They're kind of fabulous. They're also lethal. So I have to be really careful, and somebody has to be careful not to piss me off," she said with a smile. "Yeah right. I'm just trying not to fall. It's like, 'Please don't fall. Please don't fall,' when I'm walking."

Cooper's first time at the festival was 12 years earlier with the eventual cult comedy hit *Wet Hot American Summer*.

"I wasn't even able to get into the screening," he recalled.

Saldana said playing Cooper's wife in *The Words* made her think about how she approaches relationships and the concept of unconditional love.

"Like how unconditional am I when I'm in love.

Do you bypass certain things? Would I be able to be with a man — or with someone — that feels incomplete, doesn't matter what we do?" she said.

"If we change this, if we get married, if we have a baby — just someone that feels incomplete. Would I be able to deal with that for so many years and accept them as who they are and go, 'Come as you are. This is who I fell in love with and I don't want to change you?'"

"I'm not like that, which is why I wanted to play her, because it was a challenge, you know. Look at me, I totally said I'm not unconditional at all. So awful."

Cooper's part as author-plagiarist Rory Jansen is his second writerly role after playing a novelist in last year's *Limitless*. But that's just coincidence, he said. Despite having a degree in English, the 37-year-old actor says he typically only writes in his "girlnal."

"Journal, sorry," he said. "That's a 'Wet Hot' reference. Paul Rudd says that."

THE ASSOCIATED PRESS

Put a ring on it, Brad

► Not only are the Jolie-Pitt kids incredibly cute, they're apparently pretty persuasive too ► Brad's kids pressuring him to seal the deal with Angelina

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



After almost seven years together, it looks like Brad Pitt and Angelina Jolie might make it official.

The royal couple is abandoning their original plan to wait until gay marriage is legal in exchange for some peace and quiet around the house.

"We're getting a lot of pressure from the kids," Pitt admits in an interview with CBS Sunday Morning that aired yesterday. "It means something to them."

It seems their six-pack — count 'em: Maddox, Pax, Zahara, Shiloh, Knox and Vivienne — have been telling him to "get Mommy a ring" and he's promised, "OK, I will! I will!"

So, just to sum it up:



► Angelina Jolie and Brad Pitt

When pressured by six young children to buy a diamond for a woman who has let him stick around since 2005 without one, Brad Pitt runs his strong, rugged hands through his shiny blonde

hair and says, "Sure kids, why not."

Angelina, we don't know what you did to this man, but we're impressed. MONICA WEYMOUTH WROTE MONDAY'S THE WORD. DOROTHY ROBINSON WILL BE BACK TUESDAY.

Russell isn't playing nice

Russell Brand hasn't been wasting any time.

Less than a month after filing for divorce from Katy Perry, Brand is reportedly already seeing multiple women — and bad-mouthing his soon-to-be ex-wife to them, according to Us Weekly.

"He's spoken terribly about Katy

to them," one source says, adding that Brand is particularly interested in one of the new women.

"He told her he wanted her to move in with him after the divorce is final."

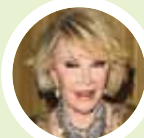
And worst of all, even Perry can't avoid the gossip.

"She discovered through her friends," a source says. "One of the women told a friend of hers and it got back to Katy."

► Russell Brand

Celebrity tweets

@Joan_Rivers



Demi Moore's health seems to be

improving! An hour after being rushed to the hospital she was already cruising the pediatric ward for dates.

@MCHammer



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3
life

WHO Report



Advocates say Canadians and their governments must take action to tear down barriers that hurt people with disabilities. The plea came with the launch of a report by the World Health Organization and World Bank.

WHO's Tom Shakespeare points out that in Canada disabled people are twice as likely to be unemployed and face barriers that leave them feeling excluded.

THE CANADIAN PRESS



After surviving cancer, 10-year-old cat gets new knee and chance at more pain-free life

Tattooed 10-year-old

► In Georgia, a mother has been arrested for allowing her child to get a tattoo ► Before you judge, read the details recounted by one Mommyish blogger

When I first read that a mother in Acworth, Ga., allowed her 10-year-old son to get a tattoo, I thought, "A tattoo, people?! On a 10-year-old!"

Then I discovered that the tattoo is actually in memory of the boy's older brother, Malik, who was hit and killed by a teenage

driver at age 12. The 10-year-old, Gaquan, was with his brother when he died.

That was a couple of years ago now, but he recently told his mom, Chuntera Napier, that he wanted to get a tattoo as a way of honouring Malik's memory. (Gaquan has several tattoos of her own in her late son's memory.)

"My son came to me and said, 'Mom, I want to get a tattoo with Malik on it, rest in peace.' What do I say to a child that wants to remember his brother?" Napier told the local TV station.

She claims she didn't know it was illegal for a 10-year-old to get a tattoo, and so she took her son to a tattoo artist, who gave the boy a tattoo featuring Malik's old jersey number. As Napier explained, "It made me feel good to know that he wanted his brother on him."

Gaquan then returned to school, where someone noticed his new ink and called authorities. Napier is now facing child cruelty charges because it's illegal for anyone under 18 to get a tattoo, even with their parent's consent.

"We hope that they can



► Would you let your child get a tattoo?

find something that can sustain them through that loss, but this is not the way. It is illegal and it's something that we were bound by the law to investigate and to prosecute,"

said Acworth police chief Mike Wilkie. (They're also investigating the tattoo artist.)

I don't think there's ever justification for permanently inking a child,

though my heart just breaks for this family who suffered such a tragic loss. Napier is set to appear in court in March.

CONTRIBUTED BY SHAWNA COHEN OF MOMMYISH.COM.

What do

you think?



Is it OK for 10-year-olds to get tattoos? Twitter was buzzing with these tweets:

- @lyjo67 [the reason] doesn't matter. tell him to go plant a tree or start a foundation or something more sensible than a tattoo
- @dakneez It is never, ever ok to allow a ten-year-old to get a tattoo.
- @aysharempel can you imagine what that tattoo is going to look like in 10 years #disaster
- @337wallace tattoos are an expression of self. Understand that it is permanent, and it doesn't matter how old you are :)



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You could also use chopped zucchini or assorted peppers.

Preparation:

1 In a soup pot, heat oil over medium heat and cook onion, garlic, carrots, celery, thyme and curry powder 5 mins. or until veggies are softened. Stir in broccoli and cauliflower, tomatoes and potato. Add broth and bring to boil. Cover and simmer for about 20 minutes or until vegetables are tender.

2 Ladle into soup bowls or, alternatively, ladle into blender and puree in batches until smooth.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 1 tbsp (15 mL) olive oil
- 1 onion, diced
- 3 cloves garlic, minced
- 1 cup (250 mL) chopped carrots
- 1/2 cup (125 mL) chopped celery
- 1 tbsp (15 mL) chopped fresh thyme
- 2 tsp (10 mL) curry powder
- 4 cups (1 L) chopped broccoli and cauliflower
- 1 cup (250 mL) grape tomatoes
- 1 potato, peeled and diced
- 4 cups (1 L) chicken broth

Rose Reisman's Choose It And Lose It

Salads are always disguised as the healthier choice, since vegetables are "free foods." But additions can destroy any health benefits.



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► Subtle herbs compliment the rich-and-creamy mushroom flavour in this soup ► Serve it with a roll

Soups are a perfect part of winter days and Cream of Mushroom is a big favourite for many.

It's easy to make at home with fresh mushrooms that are always local and tasty.

Preparation:

1 In large heavy soup pot, melt butter over medium heat; cook mushrooms and Italian seasoning for about 10 minutes or until most of the moisture from mushrooms has evaporated. Sprinkle flour over mushrooms and cook, stirring for 1

minute. Slowly stir in broth; bring to boil, stirring constantly. Add green onions and bay leaf; reduce heat and cover. Simmer for 20 minutes. Remove bay leaf.

2 In small bowl whisk egg yolks with cream; whisk in 1 cup (250 mL) of the hot broth into cream mixture and then slowly stir into saucepan. Heat over low heat for about 5 minutes or until hot do

not allow to boil.

3 Using a hand blender (or food processor), blend soup until it has reached the desired consistency. Add salt and pepper to taste. Serve sprinkled with parsley, if desired.

NEWS CANADA/ ADAPTED BY EMILY RICHARDS (A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.)

NEWS CANADA

Cream of Mushroom Soup

Ingredients:

- 2 tbsp (30 mL) butter
- 2 lb (1 kg) fresh mushrooms, thinly sliced
- 1/2 tsp (2 mL) Italian herb seasoning
- 1/3 cup (80 mL) all purpose flour
- 6 cups (1.5 L) chicken broth
- 1/4 cup (60 mL) chopped green onions
- 1 bay leaf
- 2 egg yolks
- 1/2 cup (125 mL) 5% light cream
- Salt and pepper
- 2 tbsp (30 mL) minced fresh parsley (optional)



► This soup serves eight.

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Logos at the bottom: Nova Scotia Agriculture, RANS, Casino Nova Scotia, Bridgeway's Cellar, Nova Scotia Fisheries and Aquaculture, Nova Scotia Tourism, and others.

Green tech in from the cold

► Solar powered bus shelters showing the way forward for clean cities ► Puts energy back into the grid as well



If you're reading this story,

there's a good chance you're riding public transit. If you're not in a bus shelter this instant, you may have been just mo-

ments ago.

It's as simple as structure as you can imagine. Yet, even here, innovative greener ideas are being de-

veloped — and deployed.

The City of San Francisco is entering the third year of a five-year program to replace its 1,400 conven-

RYAN HUGHES/METRO CANADA



► Environmentally-friendly bus shelters are providing alternatives for public transit.

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tional shelters with modern, solar-powered alternatives.

"They're made entirely from sustainable materials," says Ryan Hughes, project manager for Lundberg Designs, creators of these new, sleek-looking shelters.

"The steel is recycled, and the solar power alleviates the cost of powering the shelter."

Solar generators in the shelters' roofs are actually connected directly to the city's power grid. They donate electricity to the city during the day, then draw back what they need to power LED lights, WIFI capability, and an electronic "next bus" sign that lets every commuter know exactly how long their wait is going to be.

The overall effect? A zero net-draw on the power system. Throw in the fact that the shelters are being built, run and paid for by an advertising agency, and these updated high-tech transit stops aren't costing the city a cent.

Increased comfort and convenience — virtually no ecological or financial downside.

The only thing missing — and this would be of particular interest to Canadian commuters — is heat.

Shelters

Bus shelter history

- **Buses** The first recorded bus stop in history appeared in Bishops Stortford, England, in 1890. There is no evidence that it had a bus shelter.

"In terms of using the solar power, that would be challenging," Hughes explains. "Given the general size of bus shelters, the amount of available roof area is limited. In our case, it works to power the equipment we have, because we were very careful about selecting only components that don't draw very much power. I think heaters, just in general, require a lot of power to convert electricity into heat."

San Francisco is famously cold, wet and windy, by California standards. But a typical Canadian city faces winter conditions that are far more severe. These eye-catching shelters are still a tweak or two away from being ideal in real winter conditions.

But they also reveal how affordable innovation can be — and that even the most basic, stripped-down structure can be improved, re-imagined and greened.

Find counsel on your campus

► Struggling with studies? ► Seek out your school's learning centre



► It helps to talk through the tough times of your academic life.

JUDY WEIGHTMAN
LIFE@METRONews.CA
MWN IN PHILADELPHIA

There are two areas where students can need help with their schoolwork: help with specific subjects and help with study skills.

The learning centre at your school likely has resources for both.

Community College of Philadelphia, for instance, has tutoring available on

Expert advice

Nancy Mott, director of learning support services, Villanova University says:

“Don’t be afraid to ask for help. It isn’t a sign of weakness — it’s a sign of intelligence and strength. Find out early what’s available, and get to know your professors, as well.”

Visit your school’s website to find out what services your school has to offer.

all its campuses. Dr. Megan Fuller, an assistant professor in the Learning Labs explains, “We have full-time faculty, non-student tutors who have either associate’s or bachelor’s degrees and peer tutors who have successfully taken the class they’re tutoring.”

These staffers provide both one-on-one tutoring and group sessions that meet once a week or more. Students are welcome to check out both to see what works from them.

“If you aren’t getting what you need from a tutor, don’t just give up, ask to see someone else,” Fuller says.

“Contact your school to see what services and resources are available,” says Nancy Mott, director of learning support services at Villanova University.

“Don’t wait until the last minute,” Fuller agrees. “If you’re having problems, come in and let us help you find the solution that works for you.”

‘You can have it all’

► Mary Morassutti did a career 180 at age 35 and hasn’t looked back since

TURNING POINT

TERESA KRUZE
LIFE@METRONews.CA

Mary Morassutti was 35 years old and at the top of her profession, directing and shooting television shows all over the world. Married and expecting her first child, she reached a turning point and knew she’d have to leave her job because of the grueling travel schedule.

“I knew I was going to reinvent myself and I didn’t realize how much my identity was tied into my career. I felt I was floating in the abyss and couldn’t find my feet.”

Mary asked a female

Mary’s tips

An entrepreneur’s thoughts on business

- Focus on what you’re doing and what you want to do.
- Compete with yourself not others. Then you’ll be better.
- Think outside of the box. Find what makes you unique and different and why they would want to work with you.
- Practice your elevator speech. Be able to explain what you do in 30 seconds. If you confuse the person you’re pitching to then you’ve lost them.
- There’s no fast fix. Take time to figure out what you want. Once I realized what I wanted to do the “how” came to me because I put myself in the right direction.



► Mary Morassutti, CEO of mk strategic, executive managing director of eWomenNetwork and happy mother of two children.

“I knew I was going to reinvent myself and I didn’t realize how much my identity was tied into my career.” MARY MORASSUTTI

colleague who had also faced the same situation.

She was blunt when she told her, “The best gift you can give a child is a happy mother”.

Today, Mary runs her own business development and marketing company called mk strategic and is an executive managing director of eWomenNetwork.

“Find out what makes

you happy and how you can bring both worlds together. I’ve met some incredible women who are juggling everything and still doing great work. You can have it all.”

Did she follow her colleague’s advice?

“Yes,” she says with a smile, “I’m a very happy mother.”

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4
sports

Quoted



"Hopefully, we'll see next week as to where he is ... We want to continue to look to see how we can get this under control and manageable so he can return to play."

PITTSBURGH GM RAY SHERO ON SIDNEY CROSBY. THE PENGUINS CONFIRMED SATURDAY THAT CROSBY WAS DIAGNOSED WITH A NECK INJURY. THE INJURY WAS DISCOVERED AFTER CROSBY VISITED NEUROLOGICAL SPINE SPECIALIST DR. ROBERT S. BRAY IN LOS ANGELES EARLIER THIS WEEK.

"I guess once the results will come early next week, they'll be able to release a much better diagnosis (that's) more precise."

CROSBY'S AGENT PAT BRISSON AFTER THE NHL SKILLS COMPETITION IN OTTAWA ON SATURDAY.

Patience pays off for Smith-Dacey at Scotties

► Big steal in eighth end propels local rink to second straight provincial title ► Starting with hammer key to victory, says CFB Halifax skip



► Skips Heather Smith-Dacey, top, and Mary Mattatall watch a shot during Sunday afternoon's Scotties Tournament of Hearts final.



MATTHEW WUEST
@METRONEWS.CA

Patience paid off for the defending Scotties Tournament of Hearts champions.

After trading singles with Mayflower's Mary Mattatall for seven ends, Heather Smith-Dacey of the host rink stole three in the eighth to grab a 7-3 lead en route to a 7-6 win in the Nova Scotia women's curling final at CFB Halifax on Sunday.

Smith-Dacey, third Danielle Parsons, second Blisse Comstock and lead Teri Lake will head back to the national Scotties from Feb. 18 to 26 in Red Deer, Alta.

"We played really well and so did they," said Smith-Dacey, who took over as the team's skip in late 2010 when two-time world champ Colleen

"We were just focusing on scoring when we had the hammer, eliminating their scoring chances when they had the hammer. We executed that plan."

DANIELLE PARSONS, THIRD FOR THE HEATHER SMITH-DACEY RINK

Jones went down with meningitis. "Any time the skip needed to make a shot for one, for the better part of the day, it was done. We just stayed patient."

Mattatall needed a draw to the eight-foot to keep the string of singles going in the eighth, but she hit her own stone and left Smith-Dacey lying three. It was the only notable slip-up in the cau-

Alberta Scotties

Laine Peters, who won four national championships and a world title as an alternate for Mayflower's renowned Colleen Jones rink, won

the Alberta Scotties Tournament of Hearts on Sunday as lead for Heather Nedohin.

► Nedohin knocked off Jessie Kaufman 8-5 to earn a trip to the national Scotties.

tious, evenly played matchup.

"I was able to make most of those throughout the week," said Mattatall, who won the Scotties as a skip in 1998. "I threw it really well, I took extra ice, gave it a little extra weight, the girls thought it was good ... But that was the game right there."

Parsons, who replaced Smith-Dacey at third when she became skip in 2010, turned 22 on Sunday and couldn't have asked for a better gift.

"We knew we just had to put some pressure on

her, but we also had to play well ourselves to do so," Parsons said. "It was all about making shots and focusing on us."

After posting Nova Scotia's best national finish in half-a-decade with bronze last-year, the foursome has high hopes for another run.

"My gosh, I'm so excited," Smith-Dacey said. "We're just thrilled. We did so well last year with a new team, and we just feel we have so much more in us this year. We're a better, more developed team, and I'm really, really excited to go back."

Dube on way to Olympics

Glen Haven sailor Danielle Dube is headed to the London Olympics.

The 24-year-old, who calls the Royal Nova Scotia Yacht Squadron home, placed 24th among 60 boats in the women's laser radial at an International Sailing Federation (ISAF) World Cup event in Miami on Friday.

The finish gave Dube enough points in Canada's qualification system to leapfrog past Vancouver's Isabella Bertold and clinch a spot.

Dube will represent Canada on the English Channel starting July 31.

She has previously competed at the ISAF sailing world championships and placed 40th at last year's regatta in Perth, Australia.

● METRO

Dal pulls off St. FX upset

The Dalhousie Tigers upset the nationally-fourth-ranked St. Francis Xavier X-Men in Atlantic University Sport men's basketball action on Sunday at Dalplex.

Fifth-year centre Robert Nortmann dropped 21 points and hauled down 14 rebounds as the Tigers improved to 6-7 and put themselves within two points of third place and four points of second spot.

William Yengue added 17 points and Ritchie Kanza Mata delivered a nine-point, seven-assist, two-steal performance.

In women's play, the Tigers beat the X-Women, 71-42. ● METRO

Rainmen hit the road

The Halifax Rainmen wrap up a brutal month on Monday night on the road against the last-place Moncton Miracles.

The Rainmen, who lost 100-97 to the NBL Canada-leading London Lightning on Friday and won 110-97 over the fifth-place Summerside Storm on Saturday, are playing for the fourth time in five nights and the 12th time in January. ● METRO

Moose swept under in Rimouski

► Oceanic slide ahead of Herd in QMJHL standings with extra point ► Austyn Hardie sits out with concussion



MATTHEW WUEST
@METRONEWS.CA

The Halifax Mooseheads found out the hard way how good the Rimouski Oceanic have been in extra time so far this season.

The Mooseheads spent much of Sunday night playing catch-up — behind on the scoreboard for more than two-thirds of the game — and squeezed a point out of the pivotal contest, but ended up falling 4-3 to the host Oceanic in overtime.

Jerome Gauthier-Leduc's power-play goal just 26 seconds into over-

time helped Rimouski improve to 9-0 in games not solved in regulation.

"We showed character, for sure," said Mooseheads head coach Dominique Ducharme. "We came back twice, we had our chances, and I feel we certainly deserved that point, and probably the second point."

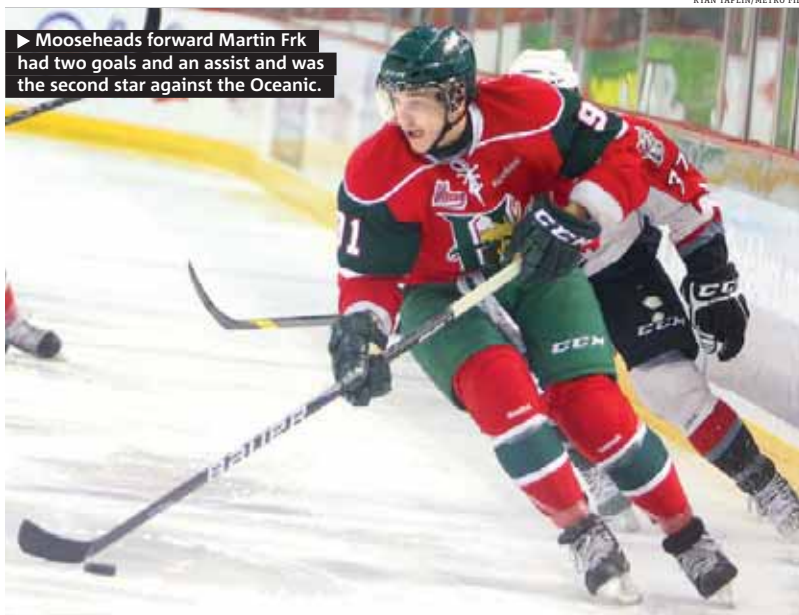
The Mooseheads bounced back from 2-0 and 3-2 deficits with two goals from Martin Frk and a single from Matthew Boudreau. After Frk tied it 3-3 at 9:45 of the third, the Mooseheads had chances of their own to win it — getting 2:55 of power play

time down the stretch — but couldn't convert.

"At key times, we lacked a little bit of that killer instinct," Ducharme said.

Although Rimouski is now a point ahead of Halifax and the Mooseheads have slipped from fifth to eighth in the QMJHL standings by going 3-5-1 in 2012, Ducharme said the team took a big step in the right direction this week.

"Last week, we were talking about how we were playing young ... This week, we played composed, we played hard, we played together, and we got three out of four points," he said.



► Mooseheads forward Martin Frk had two goals and an assist and was the second star against the Oceanic.

Blasts from the past in Ottawa

AUS HOCKEY



Dal alive despite two losses

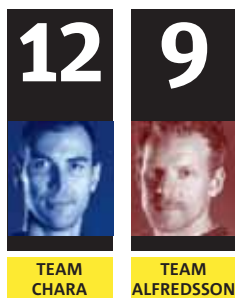
The Dalhousie Tigers suffered back-to-back road losses on the weekend but stayed a point out of a playoff spot.

The seventh-place Tigers (6-14-3) fell 4-2 to the UPEI Panthers on Friday but bounced back to earn a much-needed point on Saturday with a 3-2 overtime loss to the first-place UNB Varsity Reds in Fredericton, N.B.

The St. Francis Xavier X-Men (6-13-4) are one point ahead in sixth spot.

The Saint Mary's Huskies, meanwhile, won a pair of home games on the weekend. With a 15-7-2 record, they're tied for second overall with the Acadia Axemen and Moncton Aigles Bleus, two points behind UNB.

● METRO



The NHL all-star game was supposed to be all about Daniel Alfredsson and his Ottawa teammates, but it was ex-Senator Zdeno Chara who had the last laugh.

The Boston Bruins captain had the game-winner as he and another former Senator from Slovakia, Marian Hossa of the Chicago Blackhawks, scored 16 seconds apart in a six-goal third period to lead Team Chara to a 12-9 win over Team Alfredsson on Sunday.

"That was my first shot," said the six-foot-nine Chara, who went in alone to snap a shot past Brian Elliott, who was bombed for six goals on 19 third-period shots. "Early on, (the game) was really loose but as we were going



► Marian Hossa of Team Chara scores a goal in the third period against Team Alfredsson's Brian Elliott.

to the end you could see that guys wanted to win."

Prime Minister Stephen Harper chatted in the stands with league commissioner Gary Bettman through much of the game. They saw Team Chara lose the lead four times only to pile up an insurmountable total in the third with goals from Phil Kessel, Jarome Iginla, Hossa, Chara, Corey Perry and

the second of the game by Joffrey Lupul.

Marian Gaborik had a hat-trick, while Evgeni Malkin and Patrick Kane had the other goals for Team Chara.

Alfredsson scored twice, while Jason Spezza, Henrik Sedin, John Tavares, Jason Pominville, Milan Michalek, Claude Giroux and Daniel Sedin scored for Team Alfredsson

The Scotiabank Place crowd of 20,510 was chanting "Alfie" as the Senators captain scored twice late in the second period to tie the game 6-6, but despite pushing hard and getting a handful of chances, he could not complete the hat-trick against Tim Thomas.

"I didn't try at all to score in the third," Alfredsson said in mock denial.

Alfredsson admitted he was moved by an outpouring of support and accolades from fans and other players over the four-day all-star break in Ottawa.

"It's been surreal, almost like walking on Cloud 9," he said.

"It's not an accomplishment this week, but more a celebration of what I've done before."

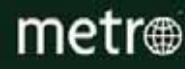
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Crossword

Across

1 Demon
4 That woman
7 Banshee's cry
11 Bridle strap
13 Church seating
14 Without acting
15 Greek vowel
16 Exist
17 Apportion (out)
18 Honey bunch?
20 Highland hillside
22 Cage component
24 Machine-gun by plane
28 Wheedled
32 Olympics award
33 Acknowledge
34 Used a shovel
36 Supermarket stack
37 River embankment
39 Varied
41 California city
43 Hawaiian garland
44 Prisoner's room
46 Oust
50 Leaping insect
53 Slight touch
55 See 45-Down
56 Freeway access
57 — out a living
58 Reddish horse
59 Chills and fever
60 Butterfly catcher
61 "To be or — to be"

Down

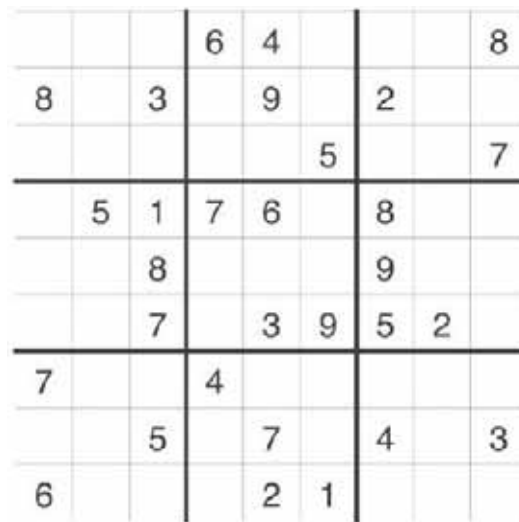
1 Eye part
2 Cat's call
3 Pocket bread
4 Hot tub
5 KFC flavourer
6 Basin accessories
7 Football position
8 Commotion
9 Under the weather
10 Caustic solution
12 Cliffhanger, often
19 Wire measure
21 \$ dispenser
23 Foundation
25 Hebrew month
26 Bleacherites
27 Otherwise
28 Young bovine
29 State with certainty
30 Jupiter's alias
31 Flop
35 Hodges of base-

ball lore
38 Away from WSW
40 Geese's formation
42 Bygone
45 With 55-Across, War of 1812 battle site
47 Press
48 "Arrivederci"
49 Bivouac shelter
50 Monk's title
51 Trail behind
52 Ostrich's cousin
54 Wager

► Friday's answer

BACON ABA ILL
ALOH ROT MAO
MIMIC COMMAND
MORPHS OGEE
FLUERE DRESS
LENS ORBIT
YIELD S REACTS
ARENA LOOP
MADLY ESP MOA
OLIO SCHISM
COMMENT CHOSE
HUE TIA AUDEN
ADS APR STEED

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ►

9	5	6	2	8	3	1	7	4
4	1	3	7	5	9	8	2	6
2	8	7	4	6	1	3	5	9
7	4	9	3	2	8	6	1	5
6	2	1	5	4	7	9	8	3
8	3	5	9	1	6	7	4	2
1	7	4	6	9	5	2	3	8
3	9	2	8	7	4	5	6	1
5	6	8	1	3	2	4	9	7

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

yes, i love you! bye for now, thinking of you always....

DUHH

My passionate, far away prince charming, my sweet darling, I will try to take care of my challenging and boring life! My love, I wish I could be with u right now, every time I think of you, I feel butterflies inside... I just wanna send you a passionate kiss for now... love you forever ...

YOUR PASSIONATE, DRAGON PRINCESS

Gal, If i were your wife i would feed you be a chubby boy never leave me a second eating talking walking have fun all the time.

DUDE

dude, okay i have a confession,, i can cook,, just like to pretend so others cook for me,, yupp i play stupid,, its kinda fun,, but sometimes im really blonde,, no lie.

GAL

Today's horoscope

♈ Aries March 21-April 20

Has someone taken advantage of you? Maybe, but more likely you are overreacting.

♉ Taurus April 21-May 21

This could be a hectic week and most likely you'll find yourself rushing all over the place without getting much done.

♊ Gemini May 22-June 21

There are many ways to impress people, but working yourself into the ground isn't one of them.

♋ Cancer June 22-July 22 Put yourself out there and let the world see what star quality looks like. You won't be short of interesting offers.

♌ Leo July 23-Aug. 23

Try not to be too eager today.

♍ Virgo Aug. 24-Sept. 22

A loved one seems to be in an emotional mood at the moment. All you can do is be there for them when they need a shoulder to cry on.

♎ Libra Sept. 23-Oct. 23

You really don't have to explain your actions or your motives to anybody.

♏ Scorpio Oct. 24-Nov. 22

The more someone tries to tell you that something cannot be done the more determined you will be to prove them wrong.

♐ Sagittarius Nov. 23-Dec.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

21 No matter how negative a picture certain people may be painting of your current situation, all you need to know is that they are wrong.

♊ Capricorn Dec. 22-Jan. 20

Anyone who expects you to stay in one place over the next few days is going to be disappointed.

♋ Aquarius Jan. 21-Feb. 18

In a matter of days you'll be back in the money.

♈ Pisces Feb. 19-March 20

It seems you are having to react to one crisis after another of late. Is there an end in sight? Yes, of course there is.

● SALLY BROMPTON

Caption contest



You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Wednesday's Metro.

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